

Useful Contacts



Independent Food Aid Network - foodaidnetwork.org.uk

The website helps signpost people to agencies best placed to help. Refer to website to find out more and to access a 'Shropshire cash referral leaflet'.



Shrewsbury Food Hub – Community Foodshare

www.shrewsburyfoodhub.org.uk 07399 039 292

Shrewsbury Food hub collect left over food from supermarkets which is still good to eat but would otherwise go to waste. Typically there is always bread and bakery items available as well as fruit, vegetables and sometimes eggs and frozen food. They are run on a pay as you feel basis, with an optional donation of a penny up. This is open to everyone and the ethos is to prevent good food going to waste. Refer to their website to find locations and a Food share timetable.



Shropshire Larder - shropshirelarder.org.uk

This is a community information resource, bringing together the support in Shropshire for people on low incomes. The website directs people to services needed, such as Emergency food, grants, budgeting/debt, Housing benefit & Disability advice etc.



Shrewsbury Food Bank - www.barnabascommunityprojects.org

Organises and distributes parcels of donated food, toiletries, cleaning products and household items to individuals and families every week. There are two food bank locations in Shrewsbury.

Barnabas Church Centre, Longden Coleham. Mon/Tues/Fri am & Wed pm.

Hope Church - Grafton Mews, Harlescott Grange, Shrewsbury. Wed am.

You will need a referral to access a food bank which can be done through your GP, Housing Association, School or Shropshire Council etc. If you are in need of support and have not been referred to them by an agency or GP, you can contact the Local Support & Prevention Team on 0345 678 9078. They also operate Foodbank PLUS that incorporates a range of services supporting clients on the journey back to work and health as well as offering a money advice service.

HOW YOU CAN HELP

- A practical way of helping if you are concerned about local people who are finding it difficult to cope with rising food and fuel costs is to donate to the local Food Bank at the St Barnabus Centre in Shrewsbury. There is a box at the back of St Peter's Church in Myddle, where you can leave your donations to be taken to the Food Bank (open every day during daylight hours). The sort of items that are particularly needed are listed in the Food Bank's website. www.barnabascommunityprojects.org/shrewsburyfoodbank

Financial crisis – Contact Shropshire Council Welfare support team. They can link you up with all the relevant support services. (0345) 678 9078

Keep Shropshire Warm – www.mea.org.uk

Energy advice service – Offers support with energy tariffs, emergency grants etc. (0800) 112 3743

Turn2Us – www.turn2us.org.uk

A website that provides information and assists with checking benefit entitlement, searching for a grant, as well as providing helpful advice with energy and water bills, plus lots more.

Healthy Start Vouchers – www.healthystart.nhs.uk

Provides help to buy fruit, vegetables and milk if you're 10 + weeks pregnant, have a child under 4 or are in receipt of working tax credit.



Subject to availability they will try to offer transport assistance in the local area. For availability and further assistance contact them on (01743) 450270.

Bomere Heath Community Car Scheme - Bomere Heath operate a community car scheme. Mrs Jenny Edge the co-ordinator has indicated that they will assist wherever possible with transport in our area. People using the scheme are required to make a contribution per mile for travel. For further details please contact Mrs Jenny Edge. (01939) 290 092



British RedCross

British Red Cross – The British Red Cross can offer support to help individuals avoid hospital admissions. They can also provide assistance prior to hospital discharge or if recently discharged from hospital. You ordinarily will need to be referred by a health professional for discharge assistance but can also contact them yourself once discharged. They can provide temporary assistance for up to 6 weeks from discharge with things such as collecting prescriptions, shopping, regular check & chats, befriending, as well as assistance with obtaining a pendant alarm if you are at risk of falls. They are also excellent at signposting people to other services that might be of help.

Telephone (01743) 457 800 for further information.

Shropshire Mind – www.shropshiremhs.com (01743) 368 647

Shropshire Mental Health Support (MHS), support individuals affected by mental and emotional distress through a wide range of quality services. These include offering telephone support, outreach support and an opportunity to become actively involved with growing and tending an allotment in Monkmoor. They also run 'Shropshire Sanctuary' that provides person centred listening during evenings and through the night for people experiencing an acute mental health crisis. (Referral Only). Please contact them for further information, Mon-Fri 9am-5pm.

Myddle Support Network – A local voluntary network that was initially created to provide help to people in the Myddle area during the Coronavirus pandemic. Currently members are being asked to continue this service and their flyer with individual contact details can be found on the Myddle notice board located next to the Myddle Village Hall. Members can help with picking up essential shopping, collecting prescriptions or can provide a friendly phone call.

This article has been compiled by the Myddle, Broughton & Harmer Hill Parish Council.